



GUARD FAMILY CONNECTION

Volume 2, No. 2 NORTH CAROLINA NATIONAL GUARD



SOLDIERS & AIRMEN

INSIDE:

SOLDIER & AIRMEN HEROS
Guardsmen Answer the Call

FAMILY VACATION
Travel Deals for Guard Families



GUARD FAMILY CONNECTION

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Maj. Gen. William E. Ingram, Jr.
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Department Contributors

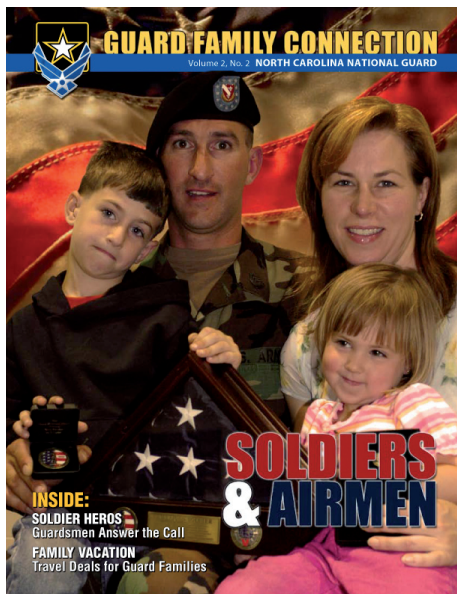
Public Affairs
Family Readiness
Director of Civil Military Affairs
(DCMA)
Information Management (J6)
Education Services
Personnel (J1)
Joint Forces Personnel
Recruiting & Retention

Guard Family Connection
N.C. National Guard Magazine
Volume 2, No. 2

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On the cover >>

Sgt. 1st Class Robert Borgesi returned from his deployment with the 30th Engineer Brigade Headquarters Company in Dec 2005. He appears here with his wife Susan, his son Pace, and his daughter Maya. He is also currently serving his community as a Captain with the Chapel Hill Fire Department.



If you are interested in finding out more about the North Carolina National Guard, call toll-free 1-800-621-4136 or visit www.nc.ngb.army.mil

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www.nc.ngb.army.mil/gfc.asp



AIRMAN'S CREED

I AM AN AIRMAN

A Newly planted seed each day,
exceeding all expectations

I AM AN AIRMAN

One of the many, strong, and the proud

I AM AN AIRMAN

Backbone of the Air Force, focused
on quality, integrity, and excellence

I AM AN AIRMAN

Eager to learn the skills of tomorrow's needs.

I AM AN AIRMAN

Continuously striving to become more that
I thought I could and encouraging
my fellow airmen to do the same.

I AM AN AIRMAN

Going above and beyond what is appointed
by those appointed over me

I AM AN AIRMAN

A follower, transforming into a future leader

I AM AN AIRMAN

A part of the hope and promise of freedom,
willing to die so that freedom may live

I AM AN AIRMAN



THE SOLDIERS CREED

I am an American Soldier.

I am a Warrior and a member of a team.
I serve the people of the United States and
live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically
and mentally tough, trained and
proficient in my warrior tasks and drills.

I always maintain my arms,
my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage,
and destroy the enemies of the
United States of America in close combat.

I am a guardian of freedom and the
American way of life.

I am an American Soldier.

The Adjutant General



American Soldier

Fellow Soldiers and Airmen,

Most of you have heard the song by singer-songwriter Toby Keith entitled "American Soldier." It is performed at each deployment and welcome home ceremony, and is one of those songs that focuses our mind on the images of Soldiers and Airmen serving in far away places around the world. It also rekindles the awareness, at a deeper level, of why we wear the uniform.

"I don't do it for the money...

There's bills that I can't pay.

I don't do it for the glory ...

I just do it anyway.

Providing for our future's my responsibility.

Yeah I am real good under pressure...

Being all that I can be..."



Although this song talks about the person serving in uniform, I also think of the thousands of Guard families in the background, silently supporting what their Guardsman is doing, standing by making sure things get done in our absence.

Others outside the National Guard family generally take notice during our deployments or during disasters, but they often don't realize the sacrifices made during the other times. The late night training meetings that send us up and down North Carolina roads after work, the weekend drills that you prepare for at home, and the many days spent away from family. This lifestyle is truly a significant commitment, so why do we serve?

The song says "I don't do it for the money." Well, that is true. Of course the money helps, but any of us could work a double shift, some overtime, or find additional work to bring in some extra cash, if it was just about the money.

"I don't do it for the glory" Toby sings, and next he says "I just do it anyway." How true. When a job needs getting done, the men and women in the National Guard do it. Whatever recognition we do get from friends, neighbors and strangers is often icing on the cake. I think Toby Keith is hitting the center of the target when he sings "Providing for our future is my responsibility." That, in essence, is what we are really doing, providing for the present and future security of the nation, our state, our communities and ultimately for our families. We are continuing a 369-year watch, ensuring our children and grandchildren have the nation we inherited.

I have served with North Carolina National Guard Soldiers and Airmen in the most austere, complicated, and, in some cases, most dangerous missions. They have never let me down, ever. There is no doubt in my mind that you are "Real good under pressure."

I know that serving in the National Guard is not easy. I know that for your families it is not easy, but I also know why you serve. It is for one reason and a hundred reasons. It is for the nation, your family, and yourself. It's a choice to give a gift to those who mean the most to us. A most precious gift that was handed down to us by those first American Soldiers that mustered on history's village green. It is for us in uniform, as Toby Keith sings, "Being all I can be..." but it is really for our families and our children... so that they can grow up to be all that they can be.

William E. Ingram Jr.

Maj. Gen. William E. Ingram Jr.

The Adjutant General NC National Guard



Family Connections

Family Programs

1st Lt. Dale J. Cowan
State Family
Program Director



Dear Families,

This year has seen many changes in the State Family Program Office. Sgt. Terry Hubbard and Ms. Alice Dean joined our staff in the roles of State Family Programs Assistant and State Youth Director, respectively. I joined the North Carolina Air National Guard this February to fulfill the duties and responsibilities of State Family Program Director. This position is full of activity and has proven to be demanding yet extremely rewarding. Overall, it is well worth the time and energy when it comes to supporting our Soldiers, Airmen and their families.

Our National Guard families have been experiencing increased stress associated with deployments. When families are separated for any length of time, they experience stress. It does not matter if the separation was planned in advance or if it occurred suddenly, the stress of the separation is real, and each family member will respond differently.

Families are encouraged to discuss their feelings concerning a particular separation and should strive to be honest. In fact, if there is any situation, requirement or event which effects the quality of life for our Soldiers, Airmen, retirees, civilian employees or families we encourage you to talk about them. We have several programs scheduled throughout this year to include Marriage Enrichment Seminars, Kids on Guard and Operation Purple Camp. These programs are designed with our National Guard families in mind so please take advantage of them.

As you work through issues concerning your family, please develop relationships with those that have experienced similar issues. Many of our NCNG members and their families have often experienced many of these stresses to varying degrees. If you are a military person, contacting your supervisor and unit leadership adds greatly to understanding and developing relationships. For family members, contacting your Unit's Family Readiness Group Advisor (FRG) is the first link in finding help. The FRG has connections with our Family Assistance Centers throughout the state as well as the State Family Program Office to help families become independent, promoting individual, unit and Family Readiness. It is not always easy living the life of a National Guard family, however, North Carolina's Family Program is one of the best. I look forward to working with all of you – Families are the Heart of the National Guard!

Sincerely,
DALE J. COWAN
1st Lt, NCANG
State Family Program Director

Family Program Upcoming Events

Marriage Enrichment Weekend Retreats

If you are a service member or spouse of a service member that has returned from deployment since September 11, 2001, you are cordially invited to attend a Marriage Enrichment Weekend Retreat. All of us can improve our skills when it comes to loving the most important person in our life. The weekend workshop is free for the military members. The civilian spouse is placed on a travel order to reimburse for mileage and meals and the lodging is contracted by the National Guard. To register and for more information please visit the www.nc.ngb.army.mil/family or contact the the NCNG Family Program Office at 800/621-4136 ext. 6124 or 7583.

Upcoming dates and locations:

- June 23-25 Greensboro, NC
- July 14-16 Asheville, NC
- August 11-13 Asheville, NC
- August 25-27 Sunset Beach, NC

Operation Kids on Guard

KOG is chance for children of National Guard members to have fun together and learn about what their parents do in the military. For a day they experience what it is like to be a Guardsman while making new friends with kids of other Soldiers and Airman.

- Saturday, July 29, 2006
Camp Butner Training Site, Butner NC.
Registration begins promptly at 9am
Kids Ages 5-15, 10am-3pm
Kiddies Ages 2-4, 10am-12pm

Please RSVP with your child's name, age, and t-shirt size by July 14, 2006 to Nancy Davis or Lana Greer at 800/621-4136 ext. 8112 (line 18) or 5029.

continued on page 5

Veterans & Guardsmen Resources



Going to the VA? What You Need to Know

Many of us have heard about the horrors of trying to deal with the U.S. Department of Veterans Affairs in order to access the benefits that are available to us. One thing you will hear now is that it's, "Not your fathers VA," and it's not. The VA, from health care to benefits, has changed dramatically over the years. The Veterans Health Administration (VHA), is one of the highest rated health care systems in the country. The Veterans Benefits Administration (VBA), is diligently working on making sure that all claims get a decision as soon as possible. Operation Enduring Freedom and Operation Iraqi Freedom vets have an upper hand.

So how do I make them work for me and not against me? The first piece of advice that I give to everyone is that you're dealing with the government. Once you remember that, you're on your way. The next item on the list is what documentation you need to take with you. You will need to have a copy of your DD214 (Report of Separation), Medical Records, and any LOD's (Line of Duty) that you may have. Your DD214 will establish your status as a veteran. If you do not have a DD214 and have not been on active duty or Title 10 (Federal) orders, you are still eligible for disability compensation.

At each VA hospital there is an OEF/OIF coordinator that is there to assist returning veterans with expediting the enrollment and initial appointment process. If you are a returning vet, make sure that you contact this individual and keep in touch with them in order to make your dealings with the VHA as easy as possible. As a returning veteran you are entitled to 2 years of free healthcare at the VA from

Andrew Butterworth
Veterans Benefits Specialist



the date of discharge as well as priority in receiving care.

The VBA, which is located in Winston-Salem, also has an individual tasked to deal with OEF/OIF claims. As with the VHA it is important that the soldier ensures that they have the proper paperwork to expedite the process. My suggestion to all soldiers who are looking to make a disability compensation claim with the VA is to use one of the District Service Officers (see list at <http://www.doa.state.nc.us/vets/dvso.htm>) or one of the many Veterans Organizations in almost every town across the state. Such organizations are the American Legion, Disabled American Vets, AMVETS, Paralyzed Veterans of America, Military Order of the Purple Heart, and the Veterans of Foreign Wars. All of these organizations and offices have an individual or two who are there to assist veterans in filing a claim and will do everything possible to get the best result for the veteran. You do not have to be a member of the organization to get their assistance, though I recommend joining at least one of them. When filing your claim make sure that you are clearly identified as being a veteran of either OEF/OIF to ensure that it is expedited.

If you have any questions or would like contacts or clarifications, feel free to contact me at 1-800-621-4136 ext. 6782.

Family Programs Upcoming Events *continued from page 4*

Looking for Summer Fun, Friendships and Skills for the Future?

'Operation Purple': (op'er-a-tion pur'ple)

1. Free summer camps around the world for military children.
2. Fun camp activities.
3. Friendships to last a lifetime.
4. Support for dealing with the difficulties of deployment.

The Operation Purple summer camp program was created by the National Military Families Association (NMFA) in order to give the children the tools to face the challenges of being the son or daughter of someone in the military head-on and with success. Through the generous funding from Sears, Roebuck & Co. and its Sears American Dream Campaign,

the Operation Purple summer camp program was launched in the summer of 2004 and expanded in 2005.

Dates	Ages
• 25 June – 1 July	Ages 12-14 years old
• 2-8 July	Ages 7-12 years old
• 9-15 July	Ages 14-17 years old
• 16-29 July	Ages 14-17 years old

To learn more about the North Carolina Camps, please visit the NMFA/Operation Purple site at www.nmfa.org/site/PageServer?pagename=op_north_carolina.

You may also contact:

Gene Joiner, Gene@rockfishoutdoorcenter.org
Tim Jones, tim@rockfishoutdoorcenter.org



Family Focus

Summer Vacation = Big Savings for Guard Families

Great Escapes

By Spec. Jessica Sheldon

As you plan this year's summer vacation, remember Soldiers and Airmen can take advantage of discounts offered only to military personnel, including lodging at military facilities, special rates at several national amusement parks, and space-available flights.

The North Carolina National Guard Association, Military.com, the Armed Forces Vacation Club, and Resort Condominiums International are some of the many organizations that offer discounts to vacationing service members. In addition, drilling National Guardsmen and as many as three of their direct dependants can receive free admission at Anheuser-Busch Adventure Parks throughout the United States, including SeaWorld Orlando, Busch Gardens Williamsburg, and Water Country USA.

Travel on military transport aircraft is also a great way to save money, but it is important to know there are some availability and destination restrictions. Space-available seats are released only after all cargo and duty passengers have boarded. Flights are never guaranteed, so be sure to have an alternate plan of commercial travel available if necessary.

For those who would like to spend their vacation time a little closer to home, coastal North Carolina offers everything from beach living to a look into the life of a pirate.

Onslow Beach, located at Camp Lejeune, is free to all National Guard members and their families. Unlike public beaches, there is room to spread out a soft blanket and enjoy the cool sea spray in the hot sun without being cramped—and there are plenty of lifeguards keeping a close eye on beachgoers. Beach bungalows with kitchenettes are available right at the water's edge or across the street. Just walk out the door, and you are at the beach without the traffic or hassle. Camp Lejeune also has a beautiful golf course, Paradise Point.

Just a few miles down Highway 24 East, you will find the small town of Swansboro. Known as "the friendly city by the sea,"



Swansboro is home to Hammocks Beach State Park, an isolated island accessible only by passenger ferry or private boat. This relaxing beach location is great for seashell hunting and is home to all sorts of wildlife. Camp sites are available, but the ferry only operates during the spring and summer months.

Another nearby vacation site is the State Park of Fort Macon, located on Highway 58 in Atlantic Beach. Fort Macon, built in 1826, is a gateway to North Carolina history. During the Civil War, it served as one of the state's only lines of defense from Union sea attacks. Strategically located at the Beaufort-Morehead City Harbor, it also protected N.C. in the Spanish-American War and World War II.

The Pine Knoll Shores North Carolina Aquarium is located just miles away from Fort Macon, also on Highway 58. The Aquarium has recently added several new exhibits, including "From North Carolina's Mountains to the Sea" which features 3,000 aquatic animals from across the state. The Aquarium also has a touch tank, where visitors can get a 'hands-on' experience of ocean life. A visit to the N.C. Aquarium at Pine Knoll Shores, www.ncaquariums.com, is sure to be educa-

tional and fun for the whole family.

What would a North Carolina vacation be without pirates? The North Carolina Maritime Museum in Beaufort, which offers a peek into the lives of Blackbeard and other pirates, is well worth the extra 30 minutes driving time down Highway 24. Among other exhibits, visitors can see artifacts believed to be from Blackbeard's ship, Queen Anne's Revenge.

And the Museum has much more to offer than just a pirate's life. There is coastal natural history, a commercial fishing exhibit, and more. For a hands-on experience, guests can take classes on how to build different kinds of boats, junior and adult sailing lessons, and trips aboard a troller (a fishing boat). The Museum admission is free for everyone. If there is time after your museum visit, be sure to take a family stroll around the town of Beaufort, a beautiful historic fishing village with a gorgeous boardwalk.

Whether you're flying to a vacation destination, traveling across America in an RV, or staying close to home, military discounts offer a 'Pirate's booty' of vacation opportunities for service members.



Family Focus

New York! New York! By Spec. Jessica Sheldon

Soldiers', Sailors', Marines' and Airmen's Club — A great retreat for Military families

In midtown Manhattan stands a small building surrounded by newly refinished, modern buildings. For 85 years, it has faithfully served as The Soldiers', Sailors', Marines' and Airmen's Club. This is one of the military's best-kept secrets, and a great benefit to those serving our country.

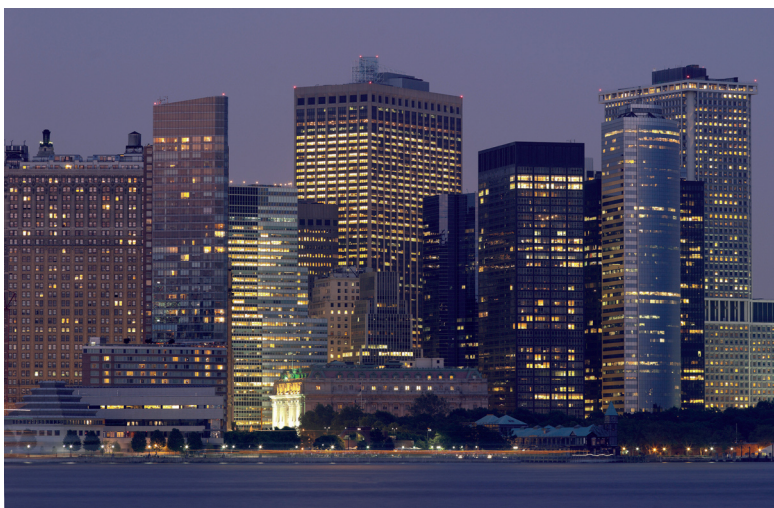
The SSMA Club was founded in 1919 during World War I to provide a place for servicemen returning from overseas duty to come home. The hallways are lined with the photos of men and women who served in the generations before us.

Now the atmosphere at the club is more family-oriented. The building is conveniently located within walking distance to Fifth Avenue shops and Grand Central Station, and it is just blocks from the Empire State Building. The local USO also provides free tickets to Broadway shows, on a first-come-first-served basis.

The SSMA Club describes itself as a "non-profit organization funded by private citizens to express their gratitude for the sacrifices of our Servicemen and Servicewomen by providing affordable, comfortable and safe accommodations".

This could be a use it or lose it situation. With the surrounding real estate becoming more valuable, this long-standing piece of history could disappear. The SSMA management has expressed the need for much greater use by service personnel.

The price is set on the military members' rank, for example for E-1 through E-4 the cost is \$25 per person, per night. The club also provides events throughout the year. For Thanksgiving last year, they provided a well-prepared dinner and invited all their guests as well as servicemembers in the area, active and retired, to join them. Upcoming events are listed on their



Web site.

The Club serves the Air Force, Army, Coast Guard, Marine Corps, Merchant Marine, Navy, and all personnel associated along with U.S. Allies. In return, Great Britain offers a reciprocal arrangement where we are welcome at their club located in London.

To make reservations and for more information contact the SSMA Club at 1-800-678-8443 or www.ssmclub.org. The Web site also offers a link for information on the London location.

TRAVEL INFORMATION

Army/MWR

www.armymwr.com/portal/travel/paths

Camp Lejeune

Lodging - 910-450-7502

Marina - 910-451-8307

Golf Course - 910-451-5445

Ft. Macon & Hammocks Beach State Park

ils.unc.edu/parkproject/ncparks.html

N.C. Maritime Museum, Beaufort

252-728-7317

Ft. Fisher, Air Force Rec Area

910-458-6549

www.ftfishermilrec.com

SSMA

1-800-678-8443

www.ssmclub.org

Space A

<http://spacea.info> or http://public.amc.af.mil/Library/SPACEA/24_203.htm

Lists of non-Military sites are provided as a service and do not represent any implicit or explicit endorsement by the North Carolina National Guard of any commercial or private services or products presented there.

Check out the classifieds section on page 19 for additional travel resources



Family Focus

Home Security - Keep Your Family Safe

By Lt Col Steven D. Martin

As Guardsmen and –women we spend a great deal of time and energy ensuring the physical security of our personnel, equipment, and facilities. It is also important that we all take measures to ensure the physical security of our families and homes while we are at home, work, vacation, TDY (temporary duty), or deployed. The following items may help our National Guard families decrease their vulnerability in their homes.

The principal threats to home security are burglary, and less often, personal assault. The aim of residential security is to deter prospective intruders, make it harder for them to get in, and if they do enter, to delay them enough to allow residents to escape. What intruders most want to see are unoccupied and unlocked buildings, means of easy access/escape, and shrubbery that could conceal forcible entry. What they don't want to see are dogs, lights, alarms, anything to expose or delay them on-site, or a house on a cul-de-sac.

Consider the security of your home, therefore, in four layers, working from out to in. The outermost layer is a neighborhood watch system. The next includes home exterior and yard. The third is the house's physical structure. The final defenses are procedures by which a family lives. Try to strengthen all four.

- **Neighborhood Watch Systems** Watch systems discourage intruders equally well in single-family, apartment, and condo areas.
- **Home and Property Appearance** For a lived-in look, leave a car in the driveway with a dog bowl in sight. If you will be away in August when most break-ins occur, arrange to have trashcans moved, paper and mail stopped, lawn mowed, and a sprinkler timer installed. Inexpensive timers for indoor lights will also help the appearance that someone is at home.
- **Exterior Lights and Alarms** Consider installing motion-sensing lights. Alarms also based on motion-sensors or other technologies also work well. Many offer panic buttons to a commercial security service, which will send security guards or place calls to 911.
- **Physical Security** Consider fencing around your home, remove names off you mailbox and doors, prune shrubbery below window level, lock your fuse boxes, secure any pet doors, block sliding doors with a pole on the bottom of track, replace front doors that are not heavy wood or metal, make a routine of locking doors and windows, make one room a safe room by reinforcing the locks in the event the family needs to take refuge in case an intruder is violent.
- **Surviving an Intrusion** If physical security fails, escaping is always the best option. Practice scenarios with your family, rehearsals are the key and must be done before, not after, intruders arrive.



IS YOUR HOME SAFE?

- ☐ Do the outside lights illuminate all entrances to your home?
- ☐ Are your plants trimmed so a burglar cannot hide near windows and doors?
- ☐ Are garage doors kept closed and locked at all times?
- ☐ Are outside doors made of solid core construction, including the door leading from the garage to the house?
- ☐ Is there a peephole viewer on the front door?
- ☐ Are sliding glass doors secured with secondary locks or pinned, and are screws in the track to prevent removal of the doors?
- ☐ Are exterior doors secured with a deadbolt lock?
- ☐ Are windows secured with backup keyed locks or pinned with a nail?
- ☐ Do you report suspicious persons or activity in the neighborhood to the police immediately?
- ☐ Are doors locked at all times?
- ☐ Are your valuables marked with your driver's license number?
- ☐ Do you have a record of valuables complete with serial number, make and model?

Benefits



TRICARE Update — New Benefits for Selected Reserve

In 2006 NDAA, National Defense Authorization Act, authorized a new TRICARE benefit for members of the Selected Reserve. The benefit has two levels each with specific eligibility criteria, TRICARE Reserve Select (TRS) Tier 2 and Tier 3.

TRS Tier 2, *member pays 50% of the premium*. TRS Tier 2 is available to Selected Reservists who enter into an agreement to serve in the Selected Reserve for the period of coverage, and meet one of the following criteria:

- Receives unemployment compensation
- Ineligible for an employer-sponsored health insurance plan
- Self employed

TRS Tier 3, *(member pays 85% of the premium)*. TRS Tier 3 is available to Selected Reservists who are not eligible for TRS Tier 1 or Tier 2 coverage, and enter into an agreement to serve in the Selected Reserve for the period of coverage.

Implementation of TRS Tier 2 and Tier 3 is required no later than October 1, 2006. The law specifies that enrollment will be for one year only and that there will be at least one open enrollment season annually. Each year, a member who wants to purchase TRS Tier 2 must provide documentation that he or

she meets or continues to meet the eligibility criteria and enters into an agreement to serve in the Selected Reserve. Once the criteria is met the member may enroll during the open enrollment season.

Initial enrollment will require the eligible member to submit an enrollment form to the regional TRICARE contractor along with the premium payment for the first month. An enrolled member will be automatically reenrolled once the certification/recertification has been accomplished, unless the member is changing coverage.

A Selected Reserve member who experiences a qualifying life event will be allowed to enroll, change or disenroll for TRS Tier 2 or Tier 3 during the year. Qualifying life events include:

- Accession into the Selected Reserve
- Change in family composition
- Change in other health care insurance coverage
- Change in employment



TRS TIER 2 AND TIER 3 IMPORTANT DATES

2006

- **Conduct eligibility certification**
June 1 to Sept. 8, 2006
- **Open enrollment season**
July 1 to Sept. 8, 2006
- **Coverage begins**
Oct. 1, 2006 (*for three months*)
- **2007 Eligibility certification/recertification**
Sept. 9 to Oct. 31, 2006

2007

- **Open enrollment season**
Sept. 9 to Nov. 30, 2006
- **Coverage begins**
Jan. 1, 2007

2008 and beyond

- **Eligibility certification/recertification**
July 1 to Oct. 31 annually
- **Open enrollment season**
Nov. 1 - 30 annually
- **Coverage begins**
Jan. 1st annually

Deferred Mortgage Payments for Deployed Soldiers

For Guard Soldiers and Airmen, deployments can cause financial stress. Under a new mortgage plan offered by Chase Home Finance, that stress can be relieved. Chase is offering a Special Mortgage Deferment Plan for Guard members called to wartime deployment.

Any Guard member with a Chase mortgage in good standing is eligible for a deferral of payments, with no additional interest, up to 18 months during deployment. This plan offers an extended repayment agreement that goes beyond the requirements of the Service Members Civil Relief Act (SCRA) of 2003. Careful use

of this service can help lessen the financial strain that can come from the transition from a civilian paycheck to a military one.

Chase also offers other benefits including Veterans Administration loans. These loans usually require a six-year service requirement before eligibility but the requirement could be reduced to 90 days during a wartime deployment.

As with all offers to Guard members, a call to customer service is recommended before a financial agreement is entered into. Payment deferral applies to owner-occupied and non owner-occupied properties.

Chase has an excellent Guard friendly

track record and has been recognized for its support of the Guard and Reserve. Awards include; 2004 Employer of the Year, Enlisted Reserve Association (EANGUS), 2004 Legion de Lafayette Award, 2004 Heritage Award for Corporate Sponsor of the Year, EANGUS, and 2004 Secretary of Defense Employer Support Freedom Award winner. Chase has also gained recognition from Employer Support of the Guard & Reserve for their military leave policy.

This article is to inform Guard members of offers in the civilian community and should not be considered an endorsement of any product by the N.C. National Guard.

Our Heroes







Soldiers & Airmen

Supporting Federal Missions

Lexington's Namesake Medals Donated By Spec. Robert Jordan

Col. (ret.) Ed Shames, 101st Airborne Division, presented the career medals of Lt. Gen. Robert Sink, former commander of the 506th Parachute Infantry Regiment of the 101st Airborne Division, to the North Carolina Army National Guard for display at the Lexington Armory on March 22.

A Lexington native, Lt. Gen. Sink served as an officer in World War II, the Korean War and the Vietnam War. The book and series "Band of Brothers" made his command of the 506th Parachute Infantry Regiment of the 101st Airborne Division in World War II famous.

Shames addressed the soldiers, their families and local guests, explaining how he became one of the famous "Band of Brothers."

"After Pearl Harbor, the loss of our Navy, and the Japanese advancing across the Pacific, it was decided to form a super unit from civilian volunteers only," said Shames. "The recruiters said only the superior in mind and strength need apply. I wanted to join that unit."

Sinks, then a Major, was one of a very few full time Soldiers in the unit and saw this new command as a great, though risky, opportunity.

"The Army was sure we would fail," said Shames.

After the ceremony, Sgt. Keith Harrison of the 505th Engineer Battalion glanced at the medals identifying them by era or nation.

"This is military history," Harrison said. "I would rather talk to Col. Shames than a movie star. This is the real story."

Shames now speaks about his experiences and balancing the role of citizen soldier to groups across the country.

"If you have some military background it makes you a good citizen," said Shames.



A scrapbook lays open to news clippings of Lt. Gen. Robert Sinks accomplishments while Retired Colonel Ed Shames, a former commander of the 101st Airborne Division talks about the life of Lt Gen. Sink during a ceremony at the National Guard Armory in Lexington, North Carolina. Photo by Tech Sgt Brian E. Christiansen.

The medals, displayed in a shadowbox, were donated by Frank DeAngles. DeAngles has created several shadowboxes of the "Band of Brothers" Soldiers' medals for display across the country. The armory in Lexington is named in honor of Lt. Gen. Sink and is home to Co. C 505th Engineer Battalion, which is currently deployed to Iraq.

Medal of Honor Recipient Speaks to Officer Candidates **By Spec. Jessica Sheldon**

On Saturday, April 8, Officer Candidates of the 139th North Carolina Military Academy at Ft. Bragg had the opportunity to gain wisdom from a man who left them large footprints to follow. Col. (Ret) Walter J. Marm was the featured speaker to candidates in the orientation phase of this year's OCS class. He spoke about his career and the importance of having well-trained officers.

Marm was awarded the Medal of Honor in 1965 as a 1st Lt. in the U.S. Army, Co. A, 1st Battalion, 7th Cavalry Division. He received it for his actions in battle in the vicinity of La Drang Valley, Republic of Vietnam. His heroism was highlighted in the popular book "We Were Soldiers Once and Young" by Lt. Gen. (ret) Hal Moore and Joe Galloway and the subsequent motion picture "We Were Soldiers." He went on to serve until 1995 and retired with 31 years in the U.S. Army. Along with the Medal of Honor, his other awards include; Legion of Merit, Bronze Star, Purple Heart, the Meritorious Service Medal with four oak leaf clusters, the Air Medal with two oak leaf clusters and the Army Commendation

Medal with one oak leaf cluster.

Then 2nd Lt. Marm earned his Medal of Honor by deliberately exposing himself to hidden gunmen to draw the fire away from his platoon and expose the enemy. Marm also charged 30 meters through intense fire and threw grenades into the enemy position killing many of them. The young 2nd lieutenant risked his own life for the good of his platoon and the whole unit. His selfless actions broke the enemy's assault and rallied the U.S. soldiers, who were severely outnumbered from the start of the battle.

The officer candidates who listened to the colonel's experiences have a long way to go to complete their officer training. Marm gave them the insight, however, to become extraordinary leaders in the N.C. Army National Guard. He explained that even through an almost hopeless situation, the tables can be turned, and the impossible can be made possible with the right leadership. Marm gave the perfect message for the officer candidates to carry with them, not only through their training, but throughout their careers.

Soldiers & Airmen



Supporting State and Community Missions

Local Heros

By Spec. Robert Jordan

Many Soldiers and Airmen that join the Guard rarely get the chance to use their military skills in the community. Soldiers returning from Force Protection training in Aug. 2005 got their chance.

Sgt. Jason Brougher, Spec. Jason Gregory, Spec. Terri Spence and Spec. Larry Liss of the Headquarters, Headquarters Battery 113th Field Artillery were driving home from training when they saw a large dump truck cross the median and speed toward an oncoming tractor trailer carrying several cars.

"It happened so fast, the big rig swerved to miss the dump truck," said Brougher.

As cars flew off the tractor trailer, the dump truck split it in two. The Soldiers came to a stop and began to render aid.

"The others got out, helped the driver of the dump truck and comforted the driver and passengers in the big rig—a husband, wife and baby girl," said Brougher.

Soldier skills and equipment helped save the day. All three in the tractor trailer were injured. The driver of the dump truck was pinned in his truck.

The soldiers called 911, but it would take 10 to 15 minutes for the Emergency Medical Technicians (EMT) to arrive.

"We needed to keep everyone calm until medical help arrived," said Brougher.

The Soldiers used their equipment from class, including a combat lifesaver bag. Bandages were applied to bleeding wounds and vital information gathered for the EMTs when they arrived. Combat lifesaver training helped with the situation.

When EMTs arrived they asked the Soldiers to continue to care for the family while they concentrated on the more seriously injured dump truck driver.

"It felt good to use Soldier skills in the community," said Brougher.

Guardsmen Recognized for Medical Aid

Portions of this article are reprinted with permission of the UNC Daily Tar Heel.

Almost 50,000 Guard men and women from every state and territory answered the call to serve in the aftermath of Hurricane Katrina, the worst natural disaster in U.S. history. N.C. first responded by, sending our Quick Reaction Force, which includes members of the 113th Field Artillery Brigade, the Air National Guard, the 42nd Civil Support Team, Special Forces, and N.C. Reconnaissance Air Intrastate Detachment (RAID). These Soldiers and Airmen worked to bring immediate stability and support to the region.

With the devastation of Katrina taking its toll, support operations required multiple rotations to the Gulf States. The N.C. National Guard responded a second time, deploying nearly 600 soldiers from the 30th Brigade Combat Team. During that rotation, joint patrols with law enforcement, transportation, and clean-up operations were conducted. Unfortunately, during this same period, a fatal collision between a civilian vehicle and another state's National Guard Humvee occurred while N.C. National Guard troops were on patrol nearby. The Soldiers immediately responded and Cpl. Bill Alsobrook was there to lend his assistance,

earning him the 21st Combat Support Hospital Commander's Coin for Excellence.

Alsobrook was on mounted patrol when he saw smoke coming from the accident.

"As we turned the corner I saw smoke," he said. "As a firefighter, it spiked my interest."

The civilian was killed instantly and four of the National Guard soldiers in the Humvee were injured.

Alsobrook immediately acted to save the life of the most seriously wounded and treat injuries, including severe head trauma, according to an official report.

One of the soldiers became violent as he went into shock, but Alsobrook said he was able to restrain him.

"You get into a situation and block out everything," he said.

While in New Orleans, Alsobrook provided aid in many other instances, but he said none were quite as memorable.

Alsobrook currently works as a civilian emergency medical technician for UNC Hospitals and hopes to return to a career with the Durham Fire Department. "I have to have a job that has some kind of excitement," he said. He has also served in the U.S. Coast Guard and the U.S. Army.

263rd Officer Receives the Major General Willard W. Millikan Honor Graduate Award

On February 16, 2nd Lt. Nathan Brown earned the Major General Willard W. Millikan Honor Graduate Award. The award is the highest honor given to Officer Candidates completing the Academy of Military Science commissioning program. It is awarded to the officer candidate who most exemplified the total-person concept, demonstrating superior skills in the areas of leadership, military professionalism and communication.

Brown is assigned to the 263rd CBCS in Badin, N.C. as the Squadron's Logistics Readiness Officer.



Lt. Col. Brad McRee, Commandant, Academy of Military Science and former NCANG Inspector General, and Lt. Col. J. Ben Simmons II, Commander, 263rd CBCS present the award to 2nd Lt. Nathan Brown.



Man the Force

NATIONAL GUARD RECRUITING ASSISTANCE PROGRAM

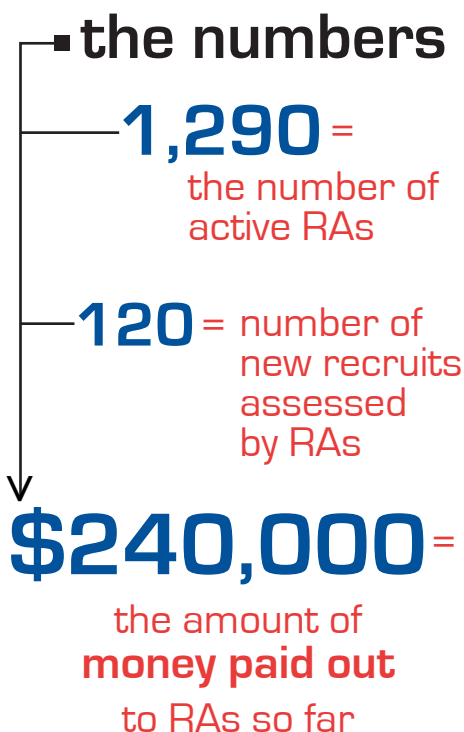


Maj. Gen. William E. Ingram, Jr., the Adjutant General of the North Carolina National Guard (right), presents Pvt. 2 Charles Duggan (middle) with the first \$1000.00 check from the N.C. National Guard Recruiters Assistance Program. Sgt Maj Brown (far left), Recruiting and Retention Sgt. Maj. and Sgt. 1st Class Jimmy Smith were present for the awarding of the check.

BuildUP the GUARD and your BankACCOUNT



Serve your country
and earn extra income
through the Guard Recruiting
Assistance Program.



What is a Recruiting Assistant?

A Recruiting Assistant (RA) helps promote "Strength from Within" by sharing the Guard story with friends, associates, and family members to develop potential Soldiers and Airmen. They also work with Recruiting and Retention NCOs to encourage and assist future Soldiers and Airmen as they prepare for Basic Training.

How do I become a Recruiting Assistant?

In order to become an RA, individuals must successfully pass the online training course at www.GuardRecruitingAssistant.com and agree to the terms and conditions relating to ethical, moral and legal behavior. Once this process is complete, the information will be reviewed and notification will be made within 24 hours.

How much can I earn?

Once you receive your certification, you will receive \$50.00. When one of your potential Soldiers has completed the Military Entrance Processing Station (MEPS), \$1000.00 will be paid. An additional \$1,000.00 is paid once the new recruit has shipped to Basic Training. RAs are not limited on how many potential Soldiers they enlist. For example if a Soldier sends 12 recruits to Basic through the G-RAP program, he/she will receive \$24,000.

How do I find more information about the Guard Recruiting Assistance Program?

Individuals interested in becoming a Recruiting Assistant can call 888-291-6004 or apply online at www.GuardRecruitingAssistant.com. Start earning up to \$2,000 today for each potential Soldier who ships to Basic Training.

Why me?

The GRAP program is not all about the great money you can make, but it is about building your team with people that mean something to you. As a member of the National Guard you have already made some concrete decisions to succeed. The nation and the state need more men and women like you to continue to make a stand.

Employer Support of the Guard & Reserve



Recognize Your Employer for Supporting You



**By Johnny Dwiggins,
North Carolina ESGR**

The Committee for Employer Support of the Guard and Reserve (ESGR) offers several programs for you to recognize your Employer. This article focuses on the awards program because it provides employer information to all other ESGR recognition programs. ESGR conducts an awards program designed to recognize employers who support a strong National Guard force. Employers qualify for recognition when they practice leadership and implement personnel policies that support employee participation in the National Guard. Employer Recognition Awards are a symbolic and significant way of saying thank you to your employer and supervisor. They serve as an outward and visible sign of the appreciation you have for the support your employer provides to you as a member of the North Carolina National Guard.

Properly honoring employers and supervisors, who support members of the National Guard, is an ongoing commitment of ESGR. We encourage you to nominate your employer for recognition. An employer award not only demonstrates your appreciation for the support your employer gives you, it also opens the door for ESGR to help your employer enhance benefits and support for your service. It is the beginning of long lasting relationships that not only enhance benefits during your military service, but also often prevents problems from arising when you are mobilized and return to work.

There are multiple levels of employer recognition awards. The awards are normally sequential and progressive. All employer recognition awards, and many other ESGR programs, begin with the Patriot Award.



After signing the Statement of Support, Peter Von Jess CEO of USfalcon, stands with Maj. Gen. William E. Ingram, Jr. on his right and Bud Brown, State Chairmen of the N.C. Employer Support of Guard and Reserve (ESGR) on his left.

The Patriot Award—The first step in having your employer considered for recognition as an outstanding employer is to submit a “My Boss Is a Patriot” award nomination.

For speed of processing and accuracy, nominate your employer online at www.esgr.mil. Click Military Member then click Patriot Award under Programs. Complete the nomination form. You may complete a hard copy nomination form in lieu of the online nomination but processing time will be 1-2 weeks longer than online nominations. Each unit has an ESGR committee member assigned as your liaison. They have supplies of the nomination forms.

There are some critical steps for you whether you submit the Patriot Award nomination online or in hard copy. Tell us why your employer is great. Explain why your employer deserves to be recognized. Check

the appropriate blocks at the bottom of the form to tell us the type support your employer provides.

Take time to write a narrative in the final section of the award nomination form. It may lead to higher level awards for your employer. The check blocks and narrative are used to select employers for higher levels of recognition.

The North Carolina ESGR committee convenes an awards review board annually to select employers for higher level employer support awards. You will determine whether your employer is selected for higher level awards by using the check blocks and through the description of support you provide in the narrative. A strong narrative demonstrating exceptional support is necessary if your employer is to be selected for higher level recognition.

continued on page 18

Service at Home and Abroad

NCARNG Units



30TH BRIGADE COMBAT TEAM (HEAVY)

- 30th Headquarters Headquarters Co.
- 30th Special Troops Battalion
- 120th Combined Arms Battalion
- 252nd Combined Arms Battalion
- 150th Armored Cavalry Reg (WVARNG)
- 230th Brigade Support Battalion
- 1st Battalion 113th Field Artillery



30TH COMBAT SUPPORT BRIGADE (MANEUVER ENHANCEMENT)

- Headquarters Headquarters Co.
- 690th Maintenance Battalion
- 105th Engineer Battalion
- 505th Engineer Battalion
- 105th Engineer Group



449TH COMBAT AVIATION BRIGADE

- Headquarters Headquarters Co.
- 1st Battalion 130th Aviation
- Det 1 A Co 1st BN 58th Air Traffic Svcs
- B Co 1st Battalion 126th Aviation Regiment
- 226th Division Aviation Support Battalion



60TH TROOP COMMAND

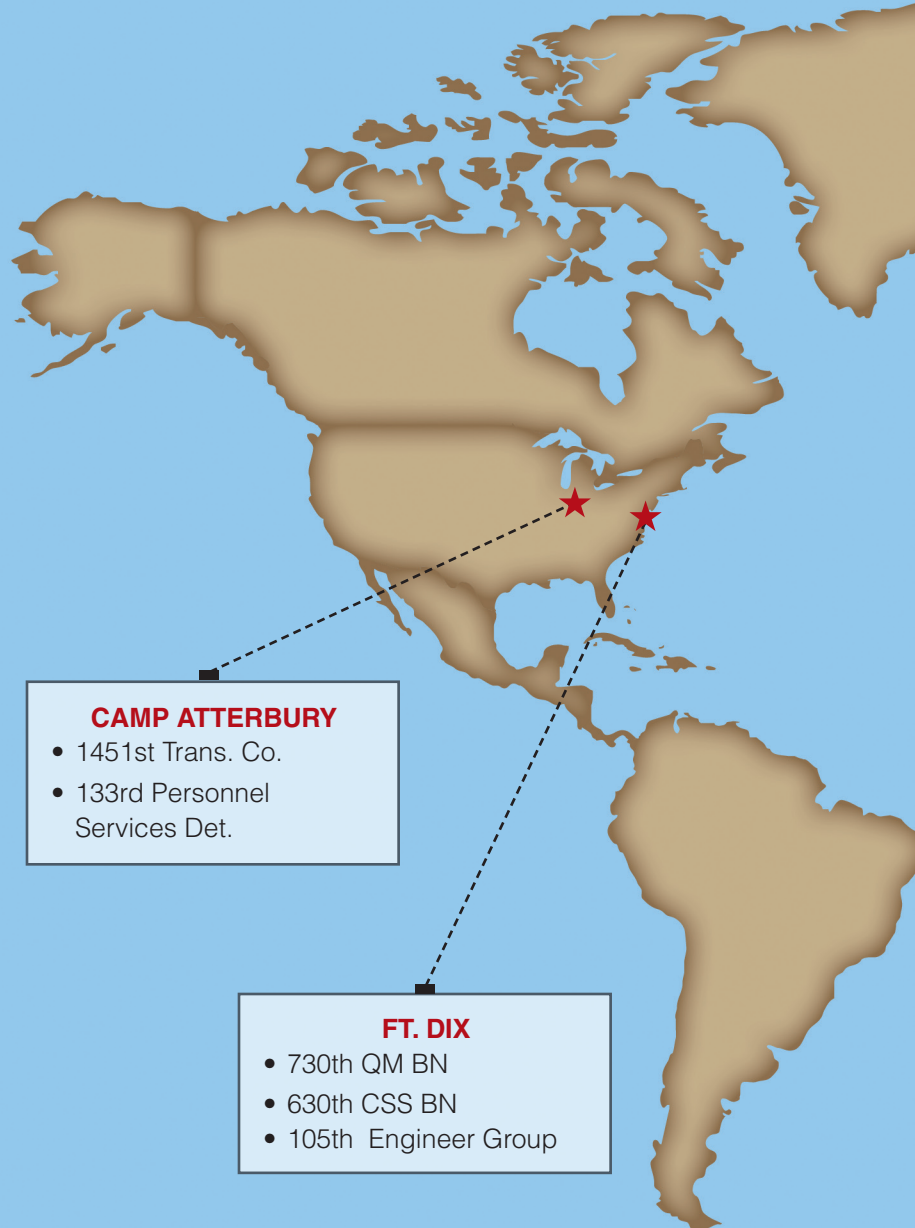
- 42nd Civil Support Team
- 139th Rear Tactical Operations Center
- 730th Quartermaster Battalion
- 30th Corp Support Group
- 5th Battalion 113th Field Artillery
- 217th Personnel Services Company



113TH FIELD ARTILLERY BRIGADE

- Headquarters Headquarters Battery
- 105th Military Police Battalion
- C Co 161st Area Medical Services Battalion
- 630th Combat Sustainment Support Battalion

Deployed Units



CAMP ATTERBURY

- 1451st Trans. Co.
- 133rd Personnel Services Det.

FT. DIX

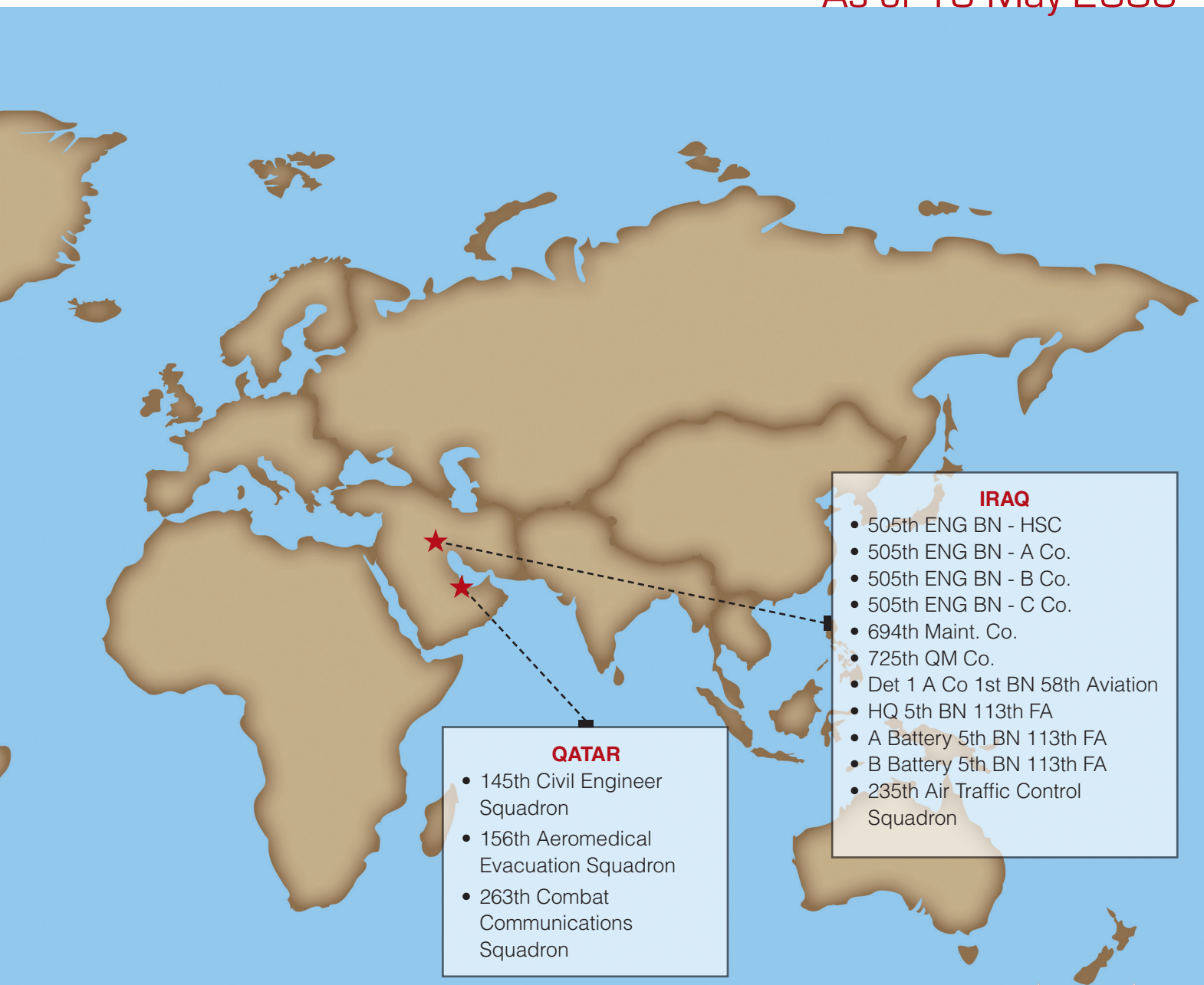
- 730th QM BN
- 630th CSS BN
- 105th Engineer Group

UNITS ON ALERT FOR DEPLOYMENT

- 113th FA BDE HQ
- B Co. 3/20 SFG

Total deployed = 1,800 soldiers

As of 15 May 2006



QATAR

- 145th Civil Engineer Squadron
- 156th Aeromedical Evacuation Squadron
- 263th Combat Communications Squadron

IRAQ

- 505th ENG BN - HSC
- 505th ENG BN - A Co.
- 505th ENG BN - B Co.
- 505th ENG BN - C Co.
- 694th Maint. Co.
- 725th QM Co.
- Det 1 A Co 1st BN 58th Aviation
- HQ 5th BN 113th FA
- A Battery 5th BN 113th FA
- B Battery 5th BN 113th FA
- 235th Air Traffic Control Squadron

NCANG Units



145TH AIRLIFT WING

- 145th Mission Support Group
- 145th Civil Engineer Squadron
- 145th Logistics Readiness Squadron
- 145th Security Forces Squadron
- 145th Medical Squadron
- 145th Aircraft Generation Squadron
- 145th Aerial Port Squadron
- 156th Airlift Squadron
- 156th Aeromedical Evacuation Squadron



118TH AIR SUPPORT OPERATIONS SQUADRON

235TH AIR TRAFFIC CONTROL SQUADRON



263RD COMBAT COMMUNICATIONS SQUADRON



Chaplain's Corner

Stressed Out?

When thinking of stress, the thoughts of a famous president who lived by two helpful rules always comes to mind. "First, don't sweat the small stuff and second, most stuff is small stuff." It is certain that we do live in a stress-filled world today, but how we deal with and respond to it can make all the difference. It is easy to be overwhelmed, so please let me make the following suggestions when dealing with stress.

First, do not worry over things you cannot change and do not expend your energies trying to change these things. An example of this is deployment. Rather than worrying over how you are going to cope, put the energy into making the most of the situation and keeping a positive attitude.

Second, take one day at a time. It is counterproductive to expend today's energy

on things in the future. Remember, an elephant is eaten one bite at a time. Do not let the big picture overwhelm you.

Third, find ways to release your stress. Exercise regularly, eat properly, find an enjoyable hobby or pastime and take time to do it! This can still be accomplished while you or your family is deployed.

Fourth, take time to laugh and enjoy life. Humor has a way of expelling stress and lightens the load. This also involves laughing at yourself and slowing down to enjoy life.

Fifth, count all the blessings you enjoy each day. It may take longer than you realize. If you are separated from your family or your loved one is deployed, each day brings you one day closer to being home!

Sixth, lean on your faith. Personally, knowing that God has my life (since I have

Cpt. Steven King Army Chaplain



given it to him) and everything that happens, gives me a sense of peace and comfort even in the midst of the stress of life. Long ago, there was a man who carried the weight of the world upon his shoulders. If anyone had the right to be stressed, it was certainly him. Here is what Jesus had to say, "Don't worry about things—food, drink, and clothes. For you already have life and a body— and they are far more important than what to eat and wear. ...Will all your worries add a single moment to your life?.....So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time."

ESGR *continued from page 15*

Every employer nominated will receive a "Patriot" award certificate and accompanying lapel pin. The award will normally be mailed directly to you. It will include a letter suggesting that you involve your unit leadership team and ESGR unit liaison representative in the presentation.

State and National Employer Awards

The Above and Beyond Award—This award is given annually, in limited numbers, to a select group of employers who have gone above and beyond legal requirements for granting leave and providing support for military duty by their employees. The award recognizes the top employers in the state who provide extraordinary support to National Guardsmen and Reservists. Employers selected to receive the above and beyond award are normally recognized during the annual ESGR Employer Recognition Banquet. Guardsmen who nominate employers selected for recognition with the above and beyond award are invited to attend the banquet with their employer.

The Pro Patria Award is presented annually to the employer who has provided the most exceptional support of national defense through leadership practices and personnel policies that support their employees who serve in the National Guard and Reserve. The employer who receives the Pro Patria award is selected from among the most supportive above and beyond award winners. The top employer in each of the seven branches of the reserve components is evaluated to select the Pro Patria winner in North Carolina each year. The Pro Patria award is also presented during the annual ESGR Employer Recognition Banquet, usually during January or February.

The prestigious **Secretary of Defense Employer Support Freedom Award** is the pinnacle of recognition given for employer support by the Department of Defense. The award is presented annually to the top employers in the nation who have demonstrated exceptional support for service in the National Guard and Reserve. It is the highest award given strictly for employers by the Department of Defense. Employers compete in their category; large private

sector businesses, small private sector businesses and public sector. The selection process seeks to identify employers who have consistently demonstrated, over sustained periods of time, levels of support that goes significantly above and beyond requirements of the law. These employers are the trend setters for others across America to follow. Up to fifteen employers are selected to receive the Freedom Award each year. The President and Secretary of Defense normally greet and recognize employers who are selected for the Freedom Award. Service members who nominate their employer are normally invited to attend the awards presentation ceremony in Washington. The nomination is on line at www.ergs.mil normally during the month of January.

Air Guard Contact

SMSgt Jim Rorie
980-621-1701

Army Guard Contact

Johnny Dwiggins
919-612-5421

Community Resources



Classifieds

NATIONAL GUARD

Guard Knowledge Online (GKO)

<https://gko.ngb.army.mil/>

North Carolina National Guard Public Website

<http://www.nc.ngb.army.mil>

Virtual Armory

www.virtualarmory.com

ARMY

Army Knowledge Online (AKO)

www.us.army.mil

Army One Source

Call 1-800-464-8107
www.armyonesource.com
User ID: army
Password: onesource

AUTOMATION TOOLS

TSP Calculator

www.tsp.gov/calc/index.html

Social Security Benefit Calculators

www.ssa.gov/planners/calculators.htm

Life Insurance Calculator

www.opm.gov/calculator/index.htm

BANKING

USAA

usaa.com

State Employees Credit Union

www.secu.org

DISCOUNTS

Here's To The Heroes

www.herosalute.com
1-800-342-5283

EDUCATION BENEFITS

CW2 Mark Colon Education Services Officer

919-664-6272

Education links:

www.gibill.va.gov/
www.virtualarmory.com
[www.dantes.doded.mil/
dantes_web/](http://www.dantes.doded.mil/dantes_web/)
www.aarts.army.mil

FAMILY

Army Community Service

www.armycommunityservice.org/home.asp

Army Family Team Building

www.armyfamilyteambuilding.org/skins/AFTB/home_login.aspx

Military Spouse Resource Center

www.milspouse.org
www.guardfamily.org
www.gftb.org

INSURANCE

USAA

usaa.com

Servicemembers Group Life Insurance

www.insurance.va.gov
Toll-Free: 800-419-1473

LEGAL

Fort Bragg Legal Assistance Office

(910) 396-6113
or (910) 396-0396

JAG Online

[www.jagcnet.army.mil/
legal](http://www.jagcnet.army.mil/legal)

MONEY MATTERS

Defense Finance and Accounting Finances (DFAS):

www.dfas.mil

Military Money

www.militarymoney.com

MY PAY

[https://mypay.dfas.mil/
mypay.aspx](https://mypay.dfas.mil/mypay.aspx)

Thrift Savings Plan

Thrift Savings Plan Website
www.tsp.gov

Thrift Line:

1-877-968-3778

TRAVEL

DoD Per Diem, Travel and Transportation

www.dtic.mil/perdiem/

Per Diem Rates

[www.dtic.mil/perdiem/
faqmilea.html](http://www.dtic.mil/perdiem/faqmilea.html)

Defense Travel System

www.dtic.mil/travelink/

Armed Forces Vacation Club

www.afvclub.com
1-800-481-5738 ext. 8253

Military Space Available Travel

www.spacea.info

Pope AFB Space A

Commercial: 910-394-6527
DSN: 424-6527
Flight Info Recording
Commercial: 910-394-6525
DSN: 424-6525

Navy Lodging

www.navy-lodge.com
1-800-NAVY-INN or
1-800-628-9466

Fisher House

www.fisherhouse.org

U.S. Army MWR

www.armymwr.com
Phone: 910-396-8747/8687
DSN: 236-8747 (trip)
or 8687 (tour)

VETERAN'S

Veteran's Centers

Charlotte:
(704) 333-6107

Fayetteville:
(910) 488-6252

Greensboro:
(336) 333-5366

Greenville:
(252) 355-7920

Raleigh:
(919) 856-4616

American Legion

<http://www.legion.org/>

Veterans of Foreign Wars

<http://www.vfw.org/>

Department of Veteran's Affairs

<http://www.va.gov/>

YOUTH

Air Force Crossroads

[www.afcrossroads.com/
kids/index.cfm](http://www.afcrossroads.com/kids/index.cfm)

National Gallery of Art

www.nga.gov/kids/kids.htm

Guard Family Youth

www.guardfamilyyouth.org

Soldiers and Airmen Assistance Fund (SAAF)

Many North Carolina soldiers and airmen are on federal active duty, deployed around the state, nation and the world. The Global War on Terror has brought about the largest mobilization of the North Carolina National Guard since World War II. Our soldiers and airmen continue to come to the aid of our State and nation during times of natural disasters.

In the absence of their Soldier or Airman, families are coping with the stresses of a deployment while managing day-to-day issues. In some cases, mobilization itself results in a decreased family income. Despite the best family budget, emergencies occur, requiring financial assistance.

In return for their loyal and dedicated service, NC SAAF is able to come to the aid of our North Carolina Guardsmen during their time of crises.

During the Gulf War deployment Chaplain Aubrey McLellan, then the State Chaplain of the N.C. National Guard, founded the original fund. Its purpose was to provide emergency financial assistance to North Carolina Guardsmen and their families during deployments. The North Carolina National Guard Soldiers and Airmen Assistance Fund (NC SAAF) has evolved into a means of providing emergency assistance for natural disasters and financial emergencies, such as shelter, food, utilities, vehicle repairs/insurance, and medical and dental expenses.

The North Carolina National Guard Soldiers and Airmen Assistance Fund (NC SAAF) is a private and federally approved not-for-profit 501(c)(3) charitable organization.



"SUPPORT OUR TROOPS" PLATE NOW AVAILABLE

The North Carolina Division of Motor Vehicles has begun distribution of the distinctive "Support Our Troops" license plate. The new plate, with the familiar yellow ribbon and the phrase "In God We Trust" at the top, is a fund raiser for the North Carolina National Guard Soldiers and Airmen Assistance Fund (SAAF). The SAAF, which provides assistance to Guard Soldiers, Airmen, and their families in financial crisis, will receive \$20 for each plate sold. Each plate also carries the suffix "SA" – for Soldiers and Airmen. The cost of the new plate is \$30 plus registration fees, or \$60 plus fees for a personalized plate. The "Support Our Troops" plate should be available on the DMV web site (www.ncdmv.org) now.

Assistance:

Financial problems? The NC SAAF may be able to help contact: Mr. Bob Suber at 919-851-3390

Donations:

If you would like to donate to the fund you may contact Mr. Suber at the number listed above or send or send you tax deductible donation to:

NC SAAF, 7410 Chapel Hill Road, Raleigh, NC 27607

NORTH CAROLINA NATIONAL GUARD
4105 REEDY CREEK ROAD
RALEIGH, NC 27607-6410

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